

# Tournament Packing Guide

- Uniform Top
- Uniform Pants
- Belt
- Water Bottle
- Snacks

## **If Sparring:**

- Head Guard
- Mouth Guard
- Elbow Pads - not required at the studio but are required for NCKA
- Chest Guard
- Shin Pads
- Feet Pads
- Groin Cup - males

## **If Competing in Weapons:**

- Your weapon

\*\*Trophy engraving is offered at tournaments and typically costs approx. \$5/trophy. There are usually t-shirts for sale and food concessions - If these interest you, plan to bring cash.\*\*